

# SFC Skills Academy U8 – U14







2020/2021 Skills Academy will be following ViaSport Phase 1 guidelines and protocols. Players will work on individual skills and physical development. The Technical Team will be working with each player to progress their individual skills and physical capabilities throughout the program!

<b>WHO?</b>	All players and goal keepers from <b>U8 to U14</b> Players will be split by age groups/level of play
<b>WHAT?</b>	Individual player development in a technical staff led environment. Players will work on technical skills, physical literacy (SAQ), and Tactical and Mental literacy through game related instruction.
<b>WHEN?</b>	<b>16 Weeks (Fridays):</b> <b>October, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup></b> <b>November, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup></b> <b>December, 4<sup>th</sup>, 11<sup>th</sup></b> <b>January, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup></b> <b>February, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup></b> <b>U8 – U10 5:00 pm – 6:15 pm</b> <b>U11 – U14 6:30 pm – 7:45 pm</b>
<b>WHERE?</b>	Newton Athletic Park #1
<b>COST?</b>	<b>\$200.00 + \$25 Kit Fee</b> (Can pay in two installments) <b>Full Team: \$160.00 per player (minimum 10 players)</b>

## Skills Academy Format

Players will work through stations at training with **SFC Staff Coaches**.  
The program will be run by our Technical Team:  
**Paul Bahia, Peter Malakoane, and Brad Higgs**

			
<b>Ball Mastery</b> <ul style="list-style-type: none"> <li>•Ball Manipulation</li> <li>•First Touch</li> <li>•1v1 Feints</li> <li>•Juggling</li> <li>•Aerial Control</li> <li>•Dribbling with a change of pace and more..</li> </ul>	<b>Physical</b> <ul style="list-style-type: none"> <li>•Coordination</li> <li>•biomechanics</li> <li>•Balance</li> <li>•Agility</li> <li>•Speed</li> <li>•Core stability</li> <li>•Flexibility</li> <li>•Fifa 11 warm up</li> <li>•Strength and more..</li> </ul>	<b>Finishing/Shooting</b> <ul style="list-style-type: none"> <li>•Accuracy &amp; Power</li> <li>•Chipping the ball</li> <li>•Curling with inside and outside foot</li> <li>•Mobility off ball</li> <li>•Creating space</li> <li>•Combinations to goal</li> </ul>	<b>Passing/Receiving</b> <ul style="list-style-type: none"> <li>•First touch</li> <li>•Weight of passes</li> <li>•Drivin ball</li> <li>•Chipping the ball</li> <li>•Long ball into space</li> <li>•Combination play and mobility</li> <li>•Penetrating passes</li> </ul>

The players are the focus of this program, not the teams, or team results. Player first training, focusing on the individual skills of each player so that players can progress up the player pathway.

*"Strive for Excellence"*

**Registration: Online or @NAP Front Office (Please register before October 9th)**

*Anyone wishing to register after October 9<sup>th</sup> will need to pay a \$20.00 processing fee*

Player Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: \_\_\_\_\_

Email Address: \_\_\_\_\_ Ph#: \_\_\_\_\_

Address: \_\_\_\_\_ Level of Play: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Ph#: \_\_\_\_\_

Allergies or Medical Conditions \_\_\_\_\_

Size (Circle):    YS    YM    YL    YXL    AS    AM    AL    AXL